

My Healthcare Priorities

Healthcare Navigation Library

Knowledge is your best benefit.

What matters most to me right now?

My Top Healthcare Goals

- ☐ Stay independent at home
 - ☐ Improve my quality of life
 - ☐ Reduce my pain
 - ☐ Better control my chronic conditions
 - ☐ Prevent future health problems
 - ☐ Understand my insurance better
 - ☐ Find a primary care provider
 - ☐ Find specialists
 - ☐ Improve my mental health
 - ☐ Lose weight
 - ☐ Quit smoking or vaping
 - ☐ Become more active
 - ☐ Other
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Medical Care I Need

- ☐ Primary care appointment
 - ☐ Specialist appointment
 - ☐ Dental care
 - ☐ Vision care
 - ☐ Hearing care
 - ☐ Physical therapy
 - ☐ Occupational therapy
 - ☐ Speech therapy
 - ☐ Mental health counseling
 - ☐ Home health services
 - ☐ Medical equipment
 - ☐ Prescription assistance
 - ☐ Vaccinations
 - ☐ Preventive screenings
 - ☐ Other
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Things I'd Like My Insurance To Help Cover

- ☐ Transportation
 - ☐ Dental
 - ☐ Vision
 - ☐ Hearing
 - ☐ Over-the-counter benefits
 - ☐ Healthy food benefits (if available)
 - ☐ Home health services
 - ☐ Medical equipment
 - ☐ Fitness benefits
 - ☐ Caregiver support
 - ☐ Case management
 - ☐ Other
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Things I'm Worried About

- ☐ Paying my bills
 - ☐ Food
 - ☐ Housing
 - ☐ Transportation
 - ☐ Affording medications
 - ☐ Caregiving
 - ☐ Feeling lonely or isolated
 - ☐ Memory changes
 - ☐ Falling
 - ☐ Mental health
 - ☐ Understanding my insurance
 - ☐ Other
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Support I Already Have

- ☐ Family
 - ☐ Friends
 - ☐ Neighbor
 - ☐ Church or faith community
 - ☐ Caregiver
 - ☐ Home health
 - ☐ Case manager
 - ☐ Social worker
 - ☐ Support group
 - ☐ Other
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Support I Still Need

Questions I Need Answered

My Next Steps

Bring this form with you to appointments and review it every few months. Your goals and priorities may change over time.

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